

HEALTH CONNECT

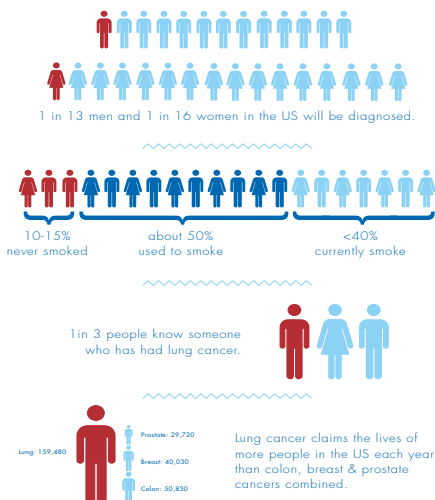


CONNECTING PATIENTS FOR BETTER HEALTH

November 2018

LUNG CANCER

can affect anyone.



Learn more about lung cancer, find an event near you or find your own way to join the movement to double lung cancer survival by 2022 at freetobreathe.org



free to breathe
a partnership for lung cancer survival

Warrior Care Month

The Department of Veterans Affairs is usually the first agency one thinks about when the topic of wounded warrior care is discussed. Yet, the Defense Department also plays an important role in the funding, awareness, and treatment provided for wounded warriors whether currently serving or those who have retired/separated from military service.

In 2008, Secretary of Defense Robert F. Gates announced the establishment of programs to address the needs of wounded warriors. Those efforts have resulted in each branch of service offering its own version of help for those sick or injured in the line of duty.

The Defense Department created Warrior Care Programs (WCP) to establish and feature accountability and uniform standards of care across all branches of military service from the recovery process, going back to duty, or transitioning into civilian life.

The 2008 efforts also resulted in an entire month devoted to raising the awareness of these people, their sacrifices, and their families. Warrior Care Month is observed by the DoD each November with special programs, publications, events, and more.

How to Support Warrior Care Month

Supporting Warrior Care Month can be as simple as finding events at the nearest military base held in the month of November to support wounded warriors. It can also include taking part in what the Department of Defense calls “signature events” in the month of November.

Supporting Warrior Care Month can also mean becoming educated about the needs of wounded warriors from all branches of service. Visit the website warriorcare.dodlive.mil to learn a variety of resources, fact sheets, and referral information about those who have service-related medical issues.

National Lung Cancer Awareness

Lung cancer is a type of cancer that begins in the lungs. It is the leading cause of cancer deaths in the United States, among both men and women. Lung cancer claims more lives each year than do colon, prostate, ovarian and breast cancers combined.

People who smoke tobacco have the greatest risk of lung cancer, though lung cancer can also occur in people who have never smoked. The risk of lung cancer increases with the length of time and number of cigarettes you've smoked. If you quit smoking, even after smoking for many years, you can significantly reduce your chances of developing lung cancer.

Symptoms

- o Chronic Coughing
- o Coughing up blood, even a small amount
- o Shortness of breath
- o Chest and Bone Pain
- o Voice Hoarseness
- o Unexplained weight loss
- o Headache

When to see a your healthcare provider?

Make an appointment with your doctor if you have any persistent signs or symptoms that worry you. If you smoke and have been unable to quit, make an appointment with your doctor. Your doctor can recommend strategies for quitting smoking, such as counseling, medications and nicotine replacement products.

Nurse Advice Line 24/7

800-TRICARE
(800-874-2273)

**Hampton Roads
Appointment Center**
(866) 645-4584

Emergency Room
(757) 953-1365

Pharmacy Refill
Local: (757) 953-MEDS (6337)
Toll Free: (866) 285-1008

Information
(757) 953-5008

Customer Service Office
(757) 953-2600

Relay Health Secure Messaging
<https://app.mil.relayhealth.com/>

Check out
NMCP
on social
media



Tobacco Use and Pregnancy

NMCP Health Promotion and Wellness Department

As many people know, smoking can cause cancer, heart disease, stroke and other major health problems. Smoking while pregnant can result in everything already mentioned, but it also includes premature birth, certain birth defects and in some cases infant death.

Here are a few additional known side effects of smoking and pregnancy:

- Smoking makes it harder for a woman to get pregnant.
- Women who smoke are at a higher risk of having a miscarriage than those who do not.
- Smoking can cause issues with the placenta (the source of life for the baby).
- Smoking can cause the baby to be born too early, or have a low birth weight.
- Smoking while pregnant is a risk factor for SIDS (sudden infant death syndrome) a death of an infant with no known cause of death.
- Babies are at risk to have certain birth defect like a cleft palate or cleft lip.

Second hand smoke is also a danger to pregnant women, children and babies. Second hand smoke is characterized as the product released into the environment whenever someone who is smoking exhales. It can also come from the end of tobacco containing smoking products. There are approximately 4,000 chemicals present in second hand smoke, many of which have been determined to be related to cancer.

In the United States, there are about 58 million children and adults who are exposed to second hand smoke.

Second hand smoke can cause low birth weight if the mother is exposed to it, and it can put babies at risk for ear infections and more frequent asthma attacks. Babies are also more at risk for SIDS.

You can protect yourself and your family by:

- Making your car a smoke free zone.
- Asking people not to smoke around you and your family.
- Teach your children to stay away from smoke and people who smoke.
- Avoiding all smoke.
- Learn as much information as you can from your health care provider.
- Choosing businesses that are smoke free.
- Insisting that smoking restrictions be enforced at work.

There is no safe level of smoke exposure, breathing in a small amount can be harmful. Be sure to protect yourself and your loved ones. There is only one way to completely protect yourself and your loved ones from the dangers of other people's smoke, and that is through a 100% smoke-free environment.

HEALTHY WEIGHT

ShipShape Weight Management Program:

8-week intensive program for adults. To register, call the HRAC at (866) 645-4584.

Right Weigh: 4-week program for learning to manage your weight the right way. To register, call (757) 953-9247 or 953-1927.

For more information on Health Promotions and Wellness Department programs and resources, call (757) 953-1927.

TOBACCO CESSATION

Tobacco Cessation Class

1st and 3rd Tuesday
of every month from 1 – 3 p.m.

One-on-One Counseling

Call today to schedule!

For more information, call
(757) 953-1927 or 953-1934



Navy Wounded Warrior
presents

**WARRIOR
CARE MONTH**
NOVEMBER 2018

Enduring Spirit

Sponsored By:



The Department of the Navy does not endorse any company, sponsor, or their products or services.



The Great American Smoke Out - 2018

NMCP Health Promotion and Wellness Department

Quitting tobacco is not easy, but it can be done. Whether you're a smoker, someone who uses smokeless tobacco, or trying to help a friend or loved one there are resources available in your pursuit of quitting.

Quitting the tobacco habit offers some rewards that you'll notice right away and some that will show up over time.

Right away you'll save the money you spent on tobacco! And here are just a few other benefits you may notice:

- Food tastes better.
- Your sense of smell returns to normal.
- Your breath, hair, and clothes smell better.
- Your teeth and fingernails stop yellowing.
- Ordinary activities leave you less out of breath (for example, climbing stairs or light housework).
- You can be in smoke-free buildings without having to go outside to smoke.

Quitting also helps stop the damaging effects of tobacco on how you look, including premature wrinkling of your skin, gum disease, and tooth loss. In addition, tobacco is made up of thousands

BENEFITS OF Quitting Smoking

Regardless of your age, it's never too late to kick the habit. As soon as you quit, your body begins to reap immediate and long-term rewards.

Time After Quitting	Benefit
20 Minutes	Your heart rate drops to a normal levels.
12 Hours	Carbon monoxide levels in your blood drops to normal.
2 Weeks to 3 Months	Your risk of having a heart attack begins to drop and lung function begins to improve.
1 to 9 Months	Your coughing and shortness of breath decrease.
1 Year	Your added risk of coronary heart disease is half that of a smoker's.
5 to 15 Years	Your risk of having a stroke is reduced to that of a nonsmoker's.
10 Years	Your risk of dying from lung cancer is about half that of a smoker's.
15 Years	Your risk of coronary heart disease is the same as that of a nonsmoker.

TIPS FOR QUITTING SUCCESSFULLY

- Make a list of reasons you want to quit. Keep this list and read it often.
- Get support. Let your friends know you may call them to chat when you have an urge to smoke.
- If you've tried to quit before without success, this time avoid the triggers that may cause the relapse.
- Make the most of slip-ups. Try to learn from them, and then get back on track.
- Be accountable to your friends and your calendar so that you stay on track.

DID YOU KNOW?

- 95% of smokers are able to quit with the help of a doctor or counseling program.
- Each day more than 3,000 people under the age of 18 smoke their first cigarette.
- One out of 5 deaths of Americans is related to smoking.

GET CONNECTED

Download the NMCP app today and get access to:

- News and announcements
 - Interactive maps
 - Pharmacy wait times
 - Telephone directory
 - Relay Health
 - ICE feedback
- and so much more!



of chemicals, including at least 70 known to cause cancer. These cancer-causing chemicals are referred to as carcinogens. Some of the chemicals found in tobacco smoke include:

- Nicotine, the addictive drug that produces the effect people are looking for and one of the harshest chemicals in tobacco smoke.
- Hydrogen cyanide
- Formaldehyde
- Lead
- Arsenic
- Radioactive elements, such as uranium
- Benzene
- Carbone monoxide
- Nitrosamines
- Polycyclic aromatic hydrocarbons (PAHs)

About half of all Americans who keep smoking will die because of the habit. Each year more than 480, 000 people in the United States die from illness related to tobacco use. This means each year smoking causes about 1 out 5 deaths in the United States.

Research shows that most people try to quit smoking several times before they succeed. (It's called a relapse when smokers go back to smoking like they were before they tried to quit.) If a relapse happens, think of it as practice for the next time. Don't give up on your efforts to be encouraged and support your loved one to stop smoking.

Like any addiction, quitting tobacco is difficult, especially if you do it alone. There are a lot of ways to quit smoking and many resources to help you.

118,000

patients with a PCM at one of our 10 facilities

22

Medical Home Port teams

440,000

patients we serve – active duty, retired and families

Only YOU can

- **GET a flu shot**
- **COVER your cough**
- **WASH your hands**
- **STAY HOME if you're sick**



NMCP Immunizations Clinic

Mon. - Wed. and Fri. : 8 a.m. - 3:30 p.m.
Thurs. : 9 a.m. - 3:30 p.m.

Oceana BHC

Mon., Tues., Thurs., Fri. : 8 a.m. - 2 p.m.
Wed. : 9 a.m. - 2 p.m.

Boone BHC

Mon., Tue., Thurs., Fri. : 7 a.m. - 2 p.m.
Wed. : 8:30 a.m. - 2 p.m.

Dam Neck BHC

Mon., Tues., Wed., and Fri. : 8 a.m. - 2 p.m.
Thurs.: 8 a.m. - 12 p.m.

NAVSTA Norfolk BHC

Mon. - Thurs. : 7 a.m. - 3:30 p.m.
Fri. : 7 a.m. - 2 p.m.

Northwest BHC

Mon. - Fri. : 7:30 a.m. - 11 a.m.
Mon. - Fri. : 1 p.m. - 2 p.m.

Yorktown BHC

Mon., Tues., Thurs., and Fri. : 7 a.m. - 2:30 p.m.
Wed. : 8 a.m. - 2:30 p.m.

TPC Chesapeake

Mon. - Fri. : 7 a.m. - 3:30 p.m.

TPC Suffolk

Mon. and Fri. : 7:30 a.m. - 2:30 p.m.
Tues., Wed., Thur. : 7 a.m. - 6 p.m.

TPC Virginia Beach

Immunizations are by appointment only due to limited parking.

NOTE: The available flu shot is for beneficiaries 6 months old and older.